



Celebrate Beef Month with these meaty recipes

Source: BeefItsWhatsForDinner.com



Beef Sirloin Pasta Portobello

1-1/4 lbs. boneless beef top sirloin steak, cut 1 inch thick	1 tbsp. olive oil
8 oz. uncooked linguine	8 oz. portobello mushroom caps, cut in half, then cut crosswise into 1/4 inch thick slices
1 to 2 tbsps. olive oil	1 medium red, yellow or green bell pepper, cut into 1/8 inch thick strips
2 large cloves garlic, crushed	2 tbsps. thinly sliced fresh basil leaves
1/2 tsp. salt	1/3 cup freshly grated Romano cheese
1/2 tsp. pepper	

Cook pasta according to package directions; drain. Keep warm. Meanwhile trim fat from beef steak. Cut steak lengthwise in half and then crosswise into 1/8-inch thick strips. In wok or large nonstick skillet, heat 1 to 2 tablespoons oil over medium-high heat until hot. Add beef and garlic, 1/2 at a time, and stir-fry 1 to 2 minutes or until outside surface is no longer pink. Remove from pan with slotted spoon; season with salt and pepper. Keep warm. In same pan, heat 1 tablespoon oil. Add mushrooms and bell pepper strips; stir-fry 3 to 4 minutes or until mushrooms are tender. Remove from heat. Return beef to pan; add sliced basil and toss. Place pasta on large deep oval platter; arrange beef mixture on pasta. Sprinkle cheese over beef and pasta.

Beefy Mexican Lasagna

1-1/2 lbs ground beef sirloin (95% lean)	1 tsp. ground cumin
9 corn tortillas	1-1/2 cups shredded Mexican cheese blend
2 cans (10 oz. each) mild enchilada sauce	1/2 cup chopped tomato
1 can (15 oz.) black beans, rinsed, drained	2 tbsps. chopped fresh cilantro
1-1/2 cups frozen corn	

Heat oven to 350 degrees. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings. Return beef to skillet; stir in 1 can enchilada sauce, black beans, corn and cumin; bring to a boil. Reduce heat; simmer 5 minutes, stirring occasionally. Spray 11-3/4 x 7-1/2 inch baking dish with nonstick cooking spray. Arrange 3 tortillas in dish, cutting as needed to cover bottom. Spread 1/4 cup remaining enchilada sauce over tortillas; cover with 1/3 beef mixture, then 1/3 cheese. Repeat layers twice, omitting final cheese layer. Pour remaining enchilada sauce over top. Cover with aluminum foil. Bake 30 minutes then sprinkle with remaining 1/2 cup cheese. Bake, uncovered, 5 minutes or until cheese is melted. Top with tomato and cilantro.

Tangy Lime Grilled Top Round Steak

1 beef top round steak, cut 3/4 inch thick (about 1 pound)	2 tablespoons vegetable oil
1/4 cup fresh lime juice	1 tablespoon Worcestershire sauce
2 tablespoons brown sugar	3 large cloves garlic, crushed

Combine lime juice, sugar, oil, Worcestershire and garlic in small bowl. Place beef steak and lime mixture in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or overnight; turning occasionally. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 8 to 9 minutes for medium rare doneness, turning occasionally. (Do not over-cook.) Carve steak into thin slices. Season with salt and pepper, as desired.

Mexican Beef Stew Over Chipotle Sweet Potatoes

2 lbs. beef for stew, cut into 1 to 1-1/2-inch pieces	1-1/2 cups frozen mixed red, yellow and green bell pepper blend
1/3 cup flour	1 can (14-1/2 oz.) diced tomatoes, undrained
1 tbsp. unsweetened cocoa powder	1-1/2 cups beef broth
1 tbsp. ground ancho chili pepper	1 tsp. minced chipotle peppers in adobo sauce
1 to 2 tbsps. butter	1 tsp. adobo sauce
1/2 tsp. salt	
1/4 tsp. ground black pepper	

Combine flour, cocoa and ancho chile pepper in large bowl. Add beef and toss to coat evenly with flour mixture. Remove beef; reserve any excess flour mixture. Heat 1 tablespoon butter in stockpot over medium heat until hot. Brown 1/2 of beef; remove from stockpot. Repeat with remaining beef, adding remaining 1 tablespoon butter if needed. Remove beef from stockpot; season with salt and black pepper. Add bell peppers; cook and stir 3 minutes. Stir in tomatoes, broth, chipotle pepper, adobo sauce and reserved flour mixture. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2-1/4 hours or until beef is fork-tender. **recipe continued on card below*

Chipotle Sweet Potatoes **continued from above recipe*

2 lbs. sweet potatoes, peeled, cut into 1-1/2 to 2-inch pieces	1 tsp. adobo sauce from chipotle peppers
1 to 2 tbsps. butter (optional)	1/2 tsp. salt
1 tsp. minced chipotle peppers in adobo sauce	1/2 tsp. ancho chili pepper

Meanwhile prepare Chipotle Sweet Potatoes. Place sweet potatoes in large saucepan; cover with water. Bring to a boil; cook 12 to 15 minutes or until tender. Drain, reserving 1/4 cup cooking liquid. Return potatoes and reserved cooking liquid to saucepan; add butter, if desired, chipotle pepper, adobo sauce, salt and ancho chile pepper. Mash potatoes until just blended and slightly chunky. Serve stew over sweet potatoes.

Lemony Beef & Barley with Sugar Snap Peas

1 lb. lean ground beef	1/2 cup quick-cooking barley
1/2 lb. mushrooms, sliced	1/2 teaspoon salt
1 medium onion, chopped	1/4 teaspoon black pepper
1 large carrot, thinly sliced	1 package (8 ounces) frozen sugar snap peas, defrosted
1 clove garlic, crushed	1/4 cup chopped fresh parsley
1 can (14 to 14 1/2 ounces) ready-to-serve beef broth	1 teaspoon grated lemon peel

In large nonstick skillet, cook and stir ground beef, mushrooms, onion, carrot and garlic over medium heat 8 to 10 minutes or until beef is no longer pink, breaking up into 3/4-inch crumbles. Pour off drippings. Stir in broth, barley, salt and pepper. Bring to a boil; reduce heat to medium-low. Cover tightly and simmer 10 minutes. Add peas; continue cooking 2 to 5 minutes or until barley is tender. Stir in parsley and lemon peel.